

# SLAVVY

# seniors

## Upcoming Events at the RSC

### Harvest Dance

Friday, September 23, 2005  
7 - 10 pm - Multipurpose Room  
Open to all ages -- bring your children and grandchildren and dance to the live music of The Sophisticated Swing Big Band.

\$5 per person advance,  
\$8 at the door

Tickets on sale at the front desk  
September 1

Hurry, we might sell out!

### Craft Bazaar

Saturday, October 29, 2005  
10 am - 3 pm  
Throughout the entire RSC

### Thanksgiving Lunch

Wednesday, November 16, 2005  
11:30 am - 1 pm  
Multipurpose Room  
This lunch sells out; buy your ticket in advance.

### Deck the Hall Party

Friday, December 2, 2005  
10 am - 12 pm  
Lobby

### Candlelight Dinner Dance

Thursday, December 8, 2005  
5:30 - 9:30 pm

### Holiday Lunch

Wednesday, December 14, 2005  
11:30 am - 1 pm  
Multipurpose Room  
This lunch sells out; buy your ticket in advance.

REDMOND SENIOR CENTER (425) 556-2342 | 8703 160TH AVE. NE | REDMOND, WA 98052  
HOURS: 8:30 A.M. TO 4:30 P.M., MONDAY-FRIDAY

## The RSC "Wow" Factor

If you have never been to the Redmond Senior Center (RSC) you may be surprised. The RSC, dedicated in 1990, is one of the few senior centers in the area that was designed and built specifically for adult programs. The words many newcomers utter when they first come to the RSC are, "Wow, what a beautiful center!"

Our lobby and foyer are bright and airy with skylights and high ceilings. We've recently painted the entire building, and this summer we received funding to re-carpet the majority of the building. Everything is looking especially "spiffy" right now.

We like to say that our lobby has the atmosphere of a fine hotel. We boast many wonderful amenities

- A beverage bar which serves coffee, along with hot and cold tea, for a donation of 25¢. There is also a variety of snacks available, usually accompanied by a friendly host or hostess.

- Comfortable furniture, magazines and game tables are available for participants to use and enjoy.
- Our Fireplace Lounge will soon have a gas log insert, so all will be able to relax by a cozy fire at the flip of a switch.
- Many people say we have the best pool hall in town. We have three well-maintained pool tables, and, most mornings, a congenial group of opponents are available for a game or two.
- We serve a hot lunch every weekday as part of the Senior Services of King County nutrition program. The suggested donation is only \$3 for those 60 years of age or better.

More information about the RSC is available in our Newcomers' Packet; just stop by and ask for one at our front desk, or call 425-556-2342 and we will mail one to you.

So come check us out! We are sure to "wow" you.



## New Programs this Fall

### Voice Play

Do you sing in your car or in the shower? Come join us and experience your voice in community with others. Kimber Godsey has years of experience encouraging “shy singers” to build their confidence and take part in the thrill of singing out loud. In a safe, accepting environment, you will experiment with your voice, move your body and sing your own song. You will learn proper breathing techniques and vocal warm ups and sing songs to your heart’s content. Kimber is a well-respected singer/songwriter and musical caregiver with considerable experience in using music and rhythm to improve health and well-being.

### Guitar - Beginning

Learn guitar basics, from tuning and strumming, to common chord progressions. By the end of the course, you will know major, minor and 7<sup>th</sup> chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you enjoy. The class is good for electric or acoustic styles. You will need to provide your own guitar.

### Hawaiian Hula

Learn basic steps and graceful hand motions. You’ll be telling a story with your hands; swaying like a palm tree in a tropical breeze. Hula is danced to beautiful Hawaiian music. Hand motions and footwork express the meaning of the “mele”(song). Instructor Pohai Windberg, born

and raised in Hawaii, is a former professional hula dancer with the Kodak Hula Show and a senior on Eastside.

### Writing for Your Life

Rediscover the events and places of your life. Discover your narrator’s voice and incorporate all these sensations into effective stories. If you think you can’t write, come to this positive class and leave thinking the blank page is your friend. The class will include in-class writing and reading of each other’s work. Excerpts from the writings of well-know authors will be used to highlight specific writing tools.

### Drawing from Life

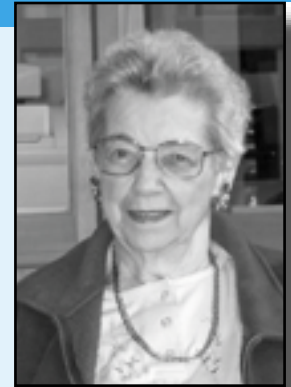
One of the most exciting subjects to draw is the human body. Join Ann Stein Avant to learn the skills needed to capture the curves and lines of flesh and fabric on paper. This class includes live models as well as professional instruction. Models will be appropriately covered at all times.

### Financial Workshop

This class is designed for individuals who want to learn more about setting realistic financial goals, making wise investment decisions and avoiding unexpected financial risks. It’s a basic objective course intended to give students the foundation needed for financial success.

For more information on dates, times and fees, please call 425-556-2314.

## SENIOR snapshot



**Name:** Lilly Barker

**Place of Birth:** Spokane, WA

**Family:** Husband – Norman (Deceased), Son – Steven, Daughter – Carole, Granddaughters – Lisa, Crissy, Kerstin, Grandson – Taylor, Great-grandson – Max, Great-granddaughters – Emily, Adaline

**Life’s Work:** Hotel Cook – Olympia Hotel, Washington Athletic Club, Dominion Monarch Ship, 1962 Seattle World’s Fair

**Places Lived:** Spokane; Seattle; Long Beach, CA; Redmond

**Favorite Place to Live:** Redmond

**What Brought You to The Northwest?** Family and friends

**Senior Center Activities:** Greeter’s Desk, Pinochle Lead

**Other Interests:** Oil painting, sewing, swimming

**Words to Live By:** Smile and the world will smile with you.

### Don’t miss the fun.

*Get the scoop on all the happenings at the RSC by subscribing to the RSC News. Only \$10 for a one-year subscription - Call 425-556-2314 and we’ll sign you up now!*

*Looking for a new experience? To find out about upcoming RSC trips, dances, special lunches and other events, call 425-556-2314!*

## REDMOND SENIOR CENTER-CHECK us out!

Savvy Seniors welcomes contributions from community members. If you are a senior adult interested in submitting an article for possible inclusion in FOCUS, please mail your article to “Savvy Seniors” c/o Redmond Senior Center, 8703 160th Ave. NE, Redmond, WA 98052.